

Abstract

TRAINING ANALYSIS OF A DISCUS THROW IN THE YEARS 2001 AND 2007

Thesis objectives: Examination of influence of training load for personal development of efficiency of Kamila Hlaváčová in discus throw.

Method: Method of autoanalysis of two one – year training cycle in the period of professional training.

All analysed data about load capacity are taken from daily training – diary of the discus thrower.

Results: The special training feature load was two time larger during the first one-year training cycle and, unfortunately, it was not apparent in the performance. The training load was minimal in the second one-year training cycle but the performance was 7.5 percent higher. These differences can be explained by psychological and technical maturity.

Keywords: athletics, training, discus throw, dynamic performance, sports performance, analysis.